

Energy Therapies for Reaching your Peak Potential.

Raya M talks to Cathy Dixon, an energy therapist who uses energetic practices to improve confidence, performance and communication skills.

R: Hello Cathy, thanks for taking this time to talk to me. Shall we start by telling the readers a little about yourself, how you got into what you do and how your approach can help them?

C: Hi Raya, - my pleasure. Before qualifying in the energy field, I spent 15 years in corporate training and IT recruitment. I designed corporate training material, managed bids for European training projects, wrote departmental business plans and procured training for IT staff working on international sites. I designed and delivered corporate competency workshops at boardroom, level and project managed the implementation and rollout of a full competency programme. This experience taught me that once passing the selection process, successful employees rely on interpersonal skills, mindset and outlook - just as much as talent.

I believe that energy-work in tandem with cognitive and psycho-therapeutic interventions provides the master key to releasing our true potential and that optimum physical mental and emotional health is dependent on the vibrancy and strength of our energy. I have dedicated 10 years to learning and working with some of the most powerful and established energetic practices in existence.

R: What are the New Meridian Energy Therapies?

C: Meridian Energy Therapies, sometimes called "Energy Psychology," are techniques that can reduce trauma, stress, negative emotions and destructive thoughts and beliefs completely and permanently. Frequently long standing or chronic pain to be released entirely in one session. Similarly, psychological pain caused by anxiety and traumatic memories can often be fully relieved in a series of treatments. METs blend energy work with the power of positive intention. They draw on knowledge from traditional sources such as Chi Kung and Traditional Chinese Medicine together with techniques from contemporary western approaches such as Kinesiology, Polarity Therapy, NLP and EMDR.

R: Can Energy Therapies make a difference to highly pressurised executives?

C: Yes. Energy Therapies help communication skills and strengthen empowering core beliefs. They also help us create a simpler, more congruent perspective that shines through when we are interacting with others. When we are less defensive and not the mercy of conflicting negative emotions we communicate much more effectively and work better in group.

R: You say you work with change. Please explain more

C: Sustainable change is about evolving on a personal level so the changes can manifest on a professional level. This requires an understanding of our ingrained beliefs and the feelings and emotions they produce. Beliefs and values colour our attitude and behaviour. Many appraisals and training courses fail to produce effective change in people because they focus on behaviour and not on the drivers behind attitude and behaviour. This scratches the surface so we fall back into old familiar ways even if we really do want to change. Future attempts are then often met with some internal resistance as we avoid "failure." This of course is a negative loop and keeps us at threshold and does not allow us to "move on" and let the change happen.

R: How long does it take to see tangible results and how do people know they are getting results?

C: Energy therapies are very solutions oriented and you can get tangible results from the first consultation. The practitioner works on core issues according to the client's priorities so the client chooses a self evident measure to know whether the intervention has worked or not. This can be very practical such as "I have finished the project on time" to feeling that a core emotion such as anger or worry has shifted. I work with most clients for about six sessions though with deeper issues this can take up to 12 sessions over a three month period.

R: Are these results sustainable? Are they safe?

C: If the issue in question is worked through thoroughly and all associated aspects are also dealt with, the result lasts. Sometimes for example people have subconscious reasons and secondary gains for holding onto negative emotions and beliefs. These have to be dealt with and cleared so the result is permanent. These are very powerful techniques and in the hands of a professionally trained therapist, these results are totally safe.

R: Do you think that corporations will look at energy therapies seriously?

C: I think that is already happening. Quantum science and the more esoteric and metaphysical fields of medicine both agree that human beings are essentially vibrating fields of energy. Our emotions thoughts and opinions are also fields of energy. Treating them energetically as well as cognitively makes a great deal of sense and allows the change to come through at a deep core level

R: Do you work with groups of people?

C: Yes I work with teams and with individuals.

R: If someone wanted do this work what do they need to do?

C: Just contact me so we can have a talk about what they want to work on and if we feel that this approach would be suitable for them

R: Thanks Cathy. If you want to contact Cathy please call 02 89988556 or email info@energyroots.co.uk

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